

ACTION PLAN FORM

In writing your action plan, be sure it includes

1. What you are going to do,
2. How much you are going to do,
3. When you are going to do it, and
4. How many days a week you are going to do it.

For example: This week I will walk (*what*) around the block (*how much*) before lunch (*when*) three times (*how many*).

This week I will _____ (what)
_____ (how much)
_____ (when)
_____ (how many)

How confident are you? (0 = not at all confident, 10 = totally confident) _____
[Just a note: You may want to make copies of this form.]

| | Check Off | Comments |
|-----------|-----------|----------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |